



Sports Medicine

University of Colorado

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Patellar/Quadriceps Tendon Repair Rehab Protocol

POST OPERATIVE MANAGEMENT:

Pain control with ice, elevation, compression, and anti-inflammatories

Post Op Time:	Exercise Progression / Restrictions
Week 1-4	<ul style="list-style-type: none"> • First week, immobilizer NWB • 2nd week, WBAT with locked knee brace – set to flexion limit by surgeon • Initiate QS/SLR's. Abd./Add. Raises, calf exercises
Week 4-6	<ul style="list-style-type: none"> • Continue knee brace • Work towards full active flexion (increase 15deg/wk) with passive extension • Progress 4-way hip/calf strengthening
Week 6-8	<ul style="list-style-type: none"> • Follow MD orders regarding use of immobilizer (typically discontinued at 6weeks) • Progress AROM flexion and extension • Progress quadriceps, hamstring, calf strengthening
Week 8-14	<ul style="list-style-type: none"> • Progress strengthening as appropriate
Week 14-16	<ul style="list-style-type: none"> • Jogging progress to running
4-6 Months	<ul style="list-style-type: none"> • Begin agilities
6-8 Months	<ul style="list-style-type: none"> • Return to sports

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician